

# **OWSC Spring 2026 Coaches Meeting**

February 2026



# Agenda

- **Administrative Updates**
- **OWSC Competitive program training curriculum overview**
- **Training session outline**
- **Game management**
- **Questions**



# Quick Introduction

**Primary Contact:**

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**Nels Larson, Age Group Director**

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# ADMIN UPDATES

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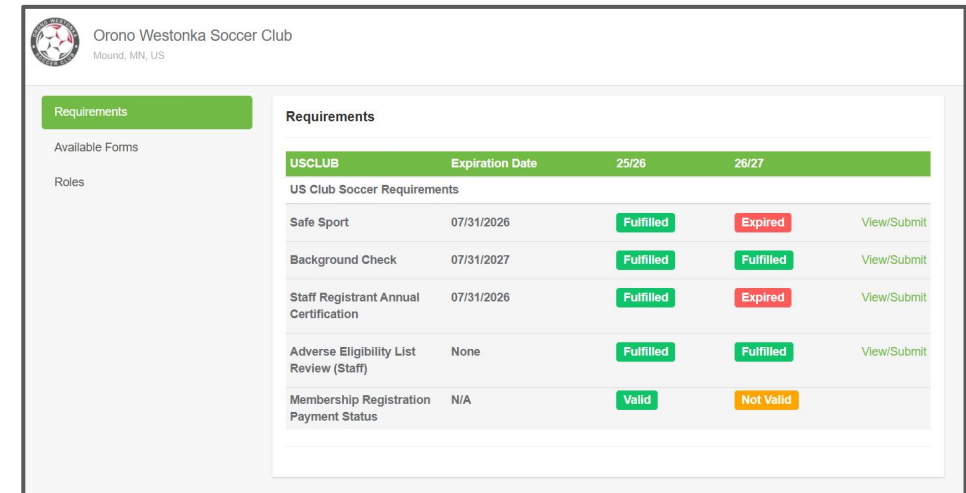
# KEY DATES

- March 2 - Indoor practices begin
- March 24 - Summer schedules released to teams, rescheduling window opens\*
- April 8 - Rescheduling closes
- April 13 - 17: Team outdoor practice scheduling: (games need to be entered ahead of practices getting scheduled)
- April 25 - 3v3 Tournament
- April 27 - Opening day for all leagues
- June 15 - Final date in initial schedule for ECNL RL teams
- June 22 - Final date in initial schedule for NPL teams
- June 29 - Final date in initial schedule for TCSL Summer League teams



# REQUIREMENTS

- [US Club Soccer Coaching Requirements](#)
  - Background Check
  - Safe Sport Certification
  - Adverse eligibility list review self-certification
  - Annual Certification with US Club Soccer
  
- [OWSC Code of Conduct](#)



Orono Westonka Soccer Club  
Mound, MN, US

Requirements

Available Forms

Roles

USCLUB	Expiration Date	25/26	26/27	
US Club Soccer Requirements				
Safe Sport	07/31/2026	Fulfilled	Expired	View/Submit
Background Check	07/31/2027	Fulfilled	Fulfilled	View/Submit
Staff Registrant Annual Certification	07/31/2026	Fulfilled	Expired	View/Submit
Adverse Eligibility List Review (Staff)	None	Fulfilled	Fulfilled	View/Submit
Membership Registration Payment Status	N/A	Valid	Not Valid	



# PLAYER EVALUATIONS

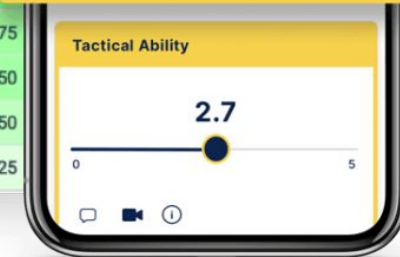
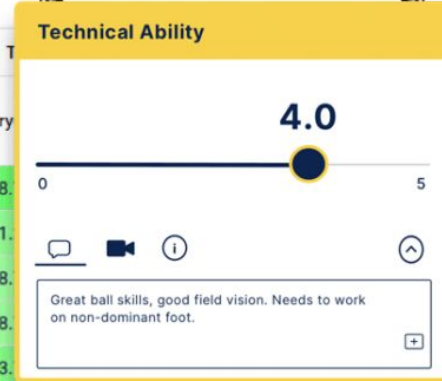


Results

PLAYER SCORES | AGGREGATE SCORES | RANKINGS AND TEAM PLACEMENT

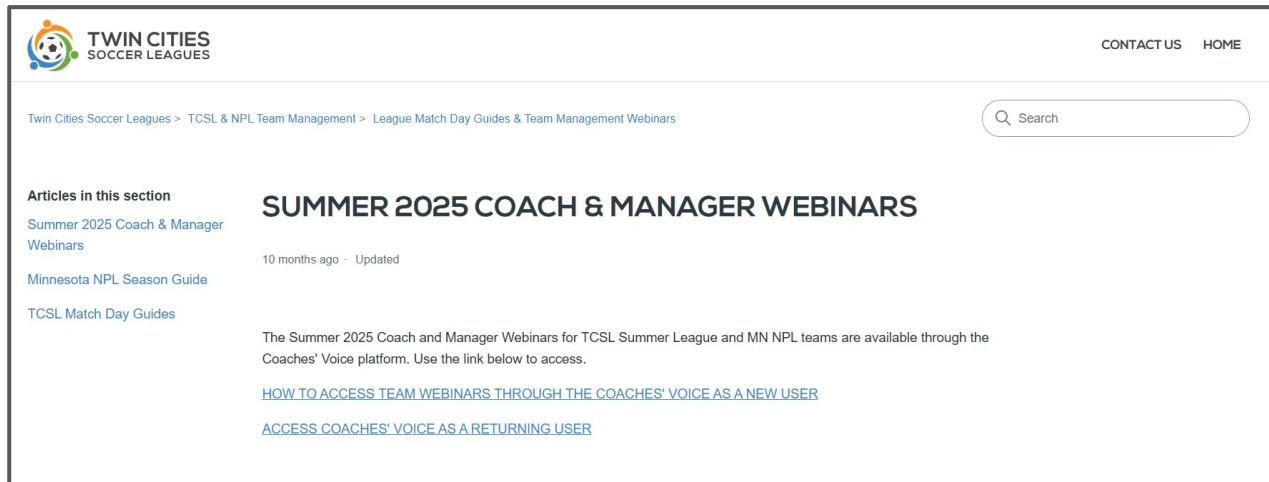
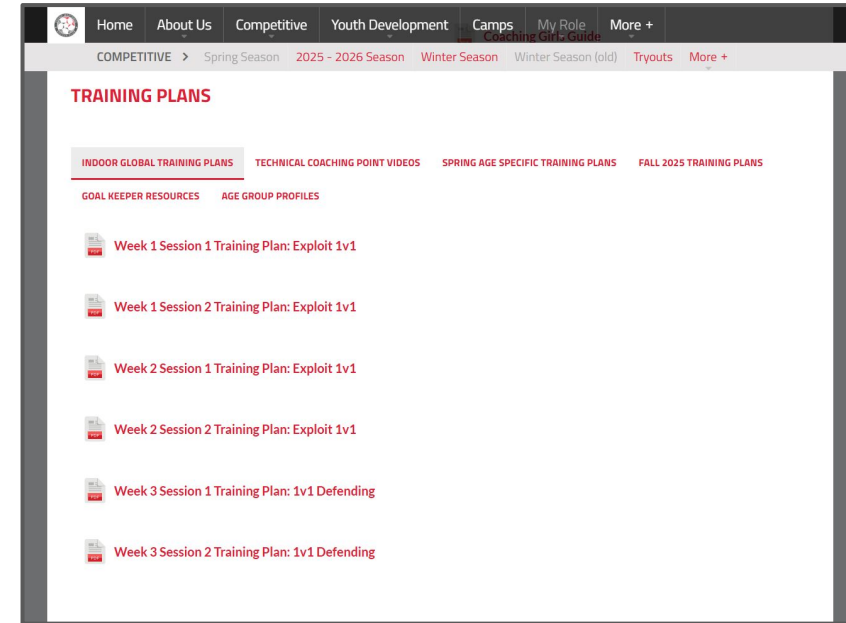
Search...

Player Pool	#	Name	Eval Group	End of Season Feedback		
				End of Season Evaluation	Metrics	Try
2010 Boys	4	Michael Edwards	Red Group	85.83	38.26	78.50
2010 Boys	9	Jake Johnson	Blue Team	73.33	87.50	71.00
2010 Boys	8	Jack Obst	Blue Team	75.00	40.65	68.00
2010 Boys	7	John Obst	Blue Team	69.17	73.56	68.00
2010 Boys	6	Jack Haider	Red Group	70.83	23.35	73.00
2010 Boys	5	Mason Bromert	Red Group	65.00	87.80	68.75
2010 Boys	1	Wyatt Hawes	Red Group	71.67	40.85	67.50
2010 Boys	2	Zachary Furlong	Red Group	59.17	39.76	62.50
2010 Boys	3	Jordan Ferraro	Red Group	67.50	20.65	56.25



# RESOURCES

- [OWSC Coaching Resources](#)
  - Training Plans
  - Game Management Guide
  - Coming soon: Simple Goalkeeper Skills
- [TCSL Rules](#)
- [TCSL 25/26 Parent Guide](#)



# COMPETITIVE TRAINING PROGRAM

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# AGENDA

Defining the  
Environment

Our  
Framework

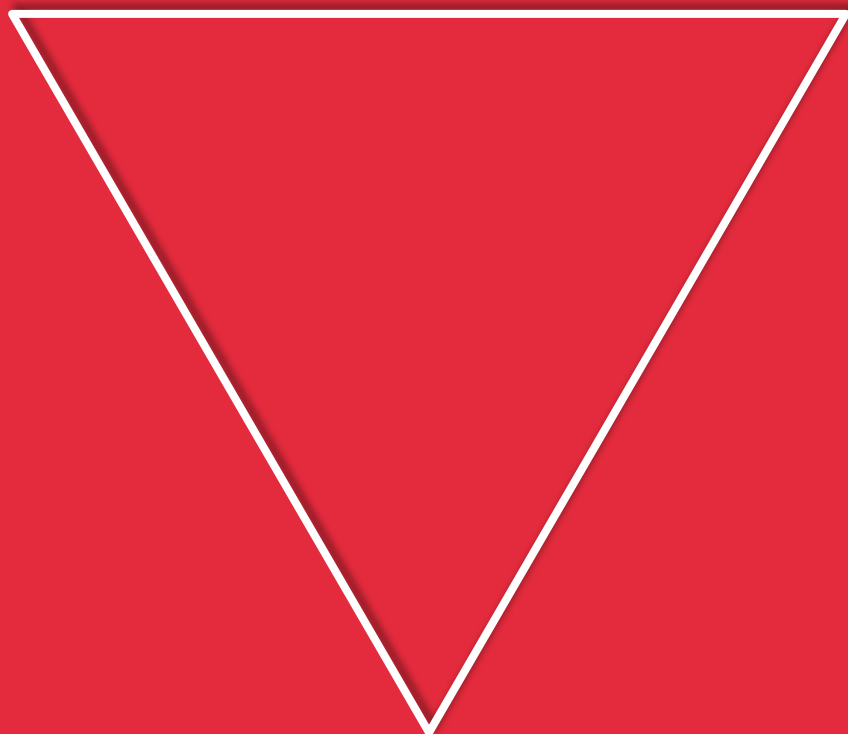
Training  
Sessions

Age Group  
Profiles



Developmental

Performance



Recreational

OUR ENVIRONMENT

	Recreational	Developmental	Performance
Objective	Have fun	Get better	Win
Training	To enjoy the game more	To sharpen skills & develop competencies	To prepare for the games
Games	The most fun activity of the week	A tool for improvement	The be-all, end-all
Teammates	Buddies – to share the experience with	Competitors – to sharpen others’ skills	Comrades – people to “go to battle with”
Coach	Facilitator – organize & manage a safe and fun environment	Guide – lead into learning moments	Task-master – get the most out of the players



# Competitive Training Environment Standards

## **To develop the competitive mindset, training must:**

- Be game-speed
- Include consequences (scorekeeping, competition)
- Demand communication
- Require effort standards



# MATERIALS

## Age Group Profiles

Specific expected competencies and areas of emphasis



## Season-Long Macro-cycles

Season plans to systematically address development goals, starting with tactical principles & interweaving technical, mental, physical



## Session Plans

Age-specific, tactically organized practice plans to aid in holistic development



# THE FRAMEWORK

This organizational model is commonly used in all elite performance environments, including:



## TECHNICAL

Refers to the “hard skills” of the game, categorized under passing, dribbling, shooting, tackling, & control



## TACTICAL

How the technical skills are implemented, organized under attacking & defending principles



## MENTAL

The emotional & cognitive tools a player uses to interact with the game & team environment



## PHYSICAL

The athletic qualities of the game, falling under the categories of speed, strength, endurance & coordination





## TECHNICAL

The “hard skills” that we want to develop in our players are:

### PASSING

- Short passing
- Long balls (driven/floated)
- 1 touch passing
- Through passing

### CONTROL

- Settling the ball
- Directional first touch
- Aerial control

### TACKLING

- Block tackle
- Barge tackle
- Slide tackle
- Balls in the air (heading)

### DRIBBLING

- Running with the ball
- Close dribbling (shielding)
- 1v1 moves
- Turning

### SHOOTING

- Long shots
- In box finishing
- Aerial finishing  
(headers/volleys)



# TACTICAL

*The strategic application of technical skills within the game environment*

## ATTACKING

### *Individual Tactical Principles*

- Pass or dribble to bypass defense
- Make runs behind
- Show to receive
- Play between lines
- Movement in the box
- Crossing (in front, behind, cutback)

### *Team Tactical Principles*

- Spread out
- Combination play
- Create overload (#s up)
- Commit the defender

## DEFENDING

### *Individual Tactical Principles*

- Press in identified moments
- Protect the space behind
- Mark in the box

### *Team Tactical Principles*

- Get compact
- Protect the center of the field
- Shift in defensive lines
- Manage the overload (#s down)
- Pressure, cover, balance
- Manage the offside line





## MENTAL

*The mental & cognitive tools the player uses to manage & interact with their environment*

### CONFIDENCE

- Creativity
- Initiative
- Courage

### COMPETITIVENESS

- Aggression
- Winning mentality
- Focus

### ATTITUDE

- Coachability
- Commitment
- Body language

### SPORTSMANSHIP

- Self control
- Encouragement
- Integrity



# PHYSICAL

*The athletic qualities that the player uses in the game environment*

## SPEED

- Sprint speed
- Quickness (acceleration, deceleration, change of direction)

## ENDURANCE

- Ability to repeat runs & soccer actions (passing, shooting, dribbling) without losing intensity or quality

## STRENGTH

- Resistance to being pushed off ball
- Muscle development for injury prevention

## COORDINATION

- Balance
- Flexibility
- Movement patterns conducive to soccer actions



# Age Group Profiles

## TECHNICAL

### U10 TECHNICAL PLAYER PROFILE

*This profile will define the competencies we would expect U10 players to have and identify key areas we would like to coaches to develop throughout the season. Curriculum will focus on identified key attributes.*

PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
PASSING	- Little to no competency of passing coming into this age group	- <b>Short passing</b> – teach players how to complete short passes consistently, with good technique, and with both feet
DRIBBLING	- Basic ability to manipulate the ball with the inside and outside of both feet	- <b>Running with the ball</b> – teach players how to dribble at top speed while maintaining control of the ball. - <b>1v1 Moves</b> - Teach players skill moves like Messi feint, Scissors, etc.
CONTROL	- Little to no competency of control coming into this age group	- <b>Settling the ball</b> – teach players how to receive the ball with all parts of the foot: laces, inside, outside
SHOOTING	- Little to no competency of shooting coming into this age group	- <b>In box finishing</b> – ability to score with finesse shots – controlled shot with the inside of the foot, often to the bottom corner of the goal
TACKLING	- Little to no competency of tackling coming into this age group	- <b>Block tackle</b> – teach players how to tackle opposition by blocking the forward progress of the ball with the inside of the back foot.



# Age Group Profiles

## MENTAL

### U10 MENTAL PLAYER PROFILE

*This profile will define the competencies we would expect U10 players to have and identify key areas we would like to coaches to develop throughout the season. Curriculum will focus on identified key attributes.*

PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
CONFIDENCE	<ul style="list-style-type: none"> <li>- Varied levels of confidence in the team coming into this age group</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Creativity</b> – guide players to actively find a variety of solutions for situations in the game by asking leading questions</li> </ul>
ATTITUDE	<ul style="list-style-type: none"> <li>- Varied levels of attitudes in the team coming into this age group</li> <li>- Players should be able to recover from setbacks, adapt to change, and persevere during difficult moments in game or practice.</li> </ul>	<ul style="list-style-type: none"> <li>- Encourage accountability, fairness, and personal responsibility</li> </ul>
COMPETITIVENESS	<ul style="list-style-type: none"> <li>- Players should have a desire to score &amp; win and further their understanding of the game</li> <li>- players should maintain concentration throughout the session, both on the coaches' instruction and in observing what is happening in the game</li> </ul>	<ul style="list-style-type: none"> <li>- Set expectation for consistent effort in training and matches</li> <li>- Encourage mental toughness during adversity</li> </ul>
SPORTSMANSHIP	<ul style="list-style-type: none"> <li>- Players should have an elementary understanding of treating opponents, referees, and coaches.</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Encouragement</b> – promote an atmosphere of support for teammates within the team. Players should celebrate individual successes collectively.</li> </ul>



# TRAINING SESSIONS

## DEFINING OUR ACTIVITIES

*These are the five categories of training activities that we will use during the spring season.*



PHYSICAL WARMUP



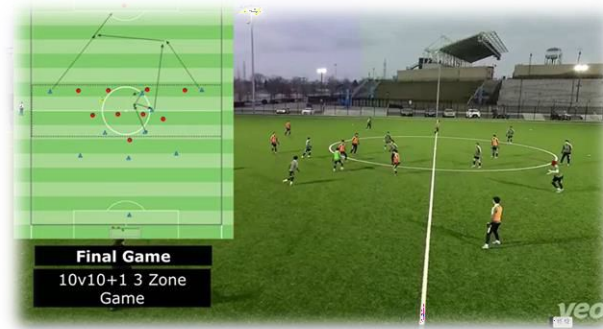
TECHNICAL WARMUP



POSSESSION ACTIVITY



SMALL SIDED GAME



FINAL GAME



# TRAINING PLAN EXAMPLE

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# Exploit the 1v1



## Indoor Week 1 | Team Session

### Week Objectives:

- Give tactical & technical direction in attacking in 1v1 situations
- Encourage players to experience and enjoy the game

### Tactical Principle: Exploit the 1v1

- Attack defender's front foot with speed to spin the defender or create space to pass or shoot
- Accelerate past the defender and cut off the route to goal

### Counter Principle: 1v1 defending to prevent dribble, cross, or shot

- Close down the ball carrier side on to force in one direction
- Anticipate large touch to dispossess opposition
- Anticipate shot or pass to block or tackle with the back foot

### Technical Principle: 1v1 Moves

- Familiarize yourself with one or two key moves to do in a game setting
- Attack the front foot - either spin the defender, or create space & use it
- Make the move at the right time, don't wait until you are right on top of the defender

# Tech Warm-Up: 1v1 Moves



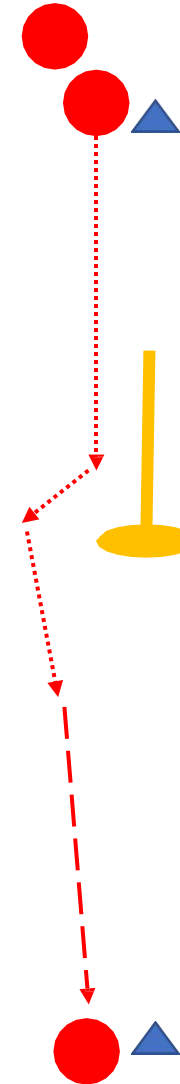
Time	15
Sets & Set Length	5x2 min (1 min rest)
Teams or Grid Numbers	3-5 players per station
Number of Grids	2-4
Dimensions	Use full width of indoor field

## Rules:

- 3-5 players per station – dribble at pole and do 1v1 move to beat defender
- Insist on use of both feet
- *Progression: all players must do... scissors, Messi feint, etc*

## Coaching Points

- Familiarize yourself with one or two key moves to do in a game setting
- Attack the front foot - either spin the defender, or create space & use it
- Make the move at the right time, don't wait until you are right on top of the defender



# 1v1: Shooting



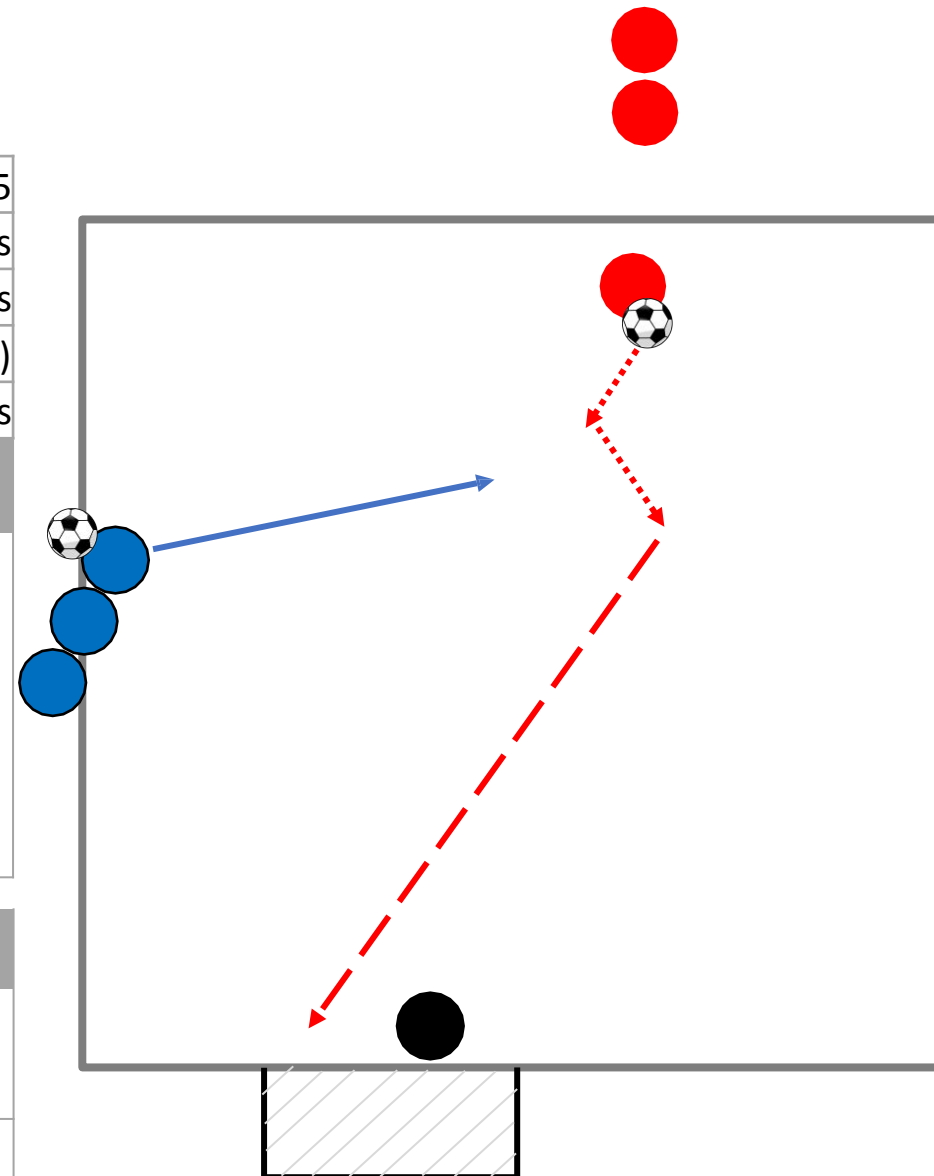
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	2 even groups
Number of Grids	2 if poss (Ideally 5-8 players per grid)
Dimensions	20x12yards

## Rules:

- Blue passes to red, then defends
- Red scores by shooting into the goal
- If blue wins the ball, dribbles across end line for point
- Team attacks for 2 minutes, then defends for 2 minutes

## Coaching Points

- Attack defender's front foot with speed to spin the defender or create space to pass or shoot
- Accelerate past the defender and cut off the route to goal



# Final Game



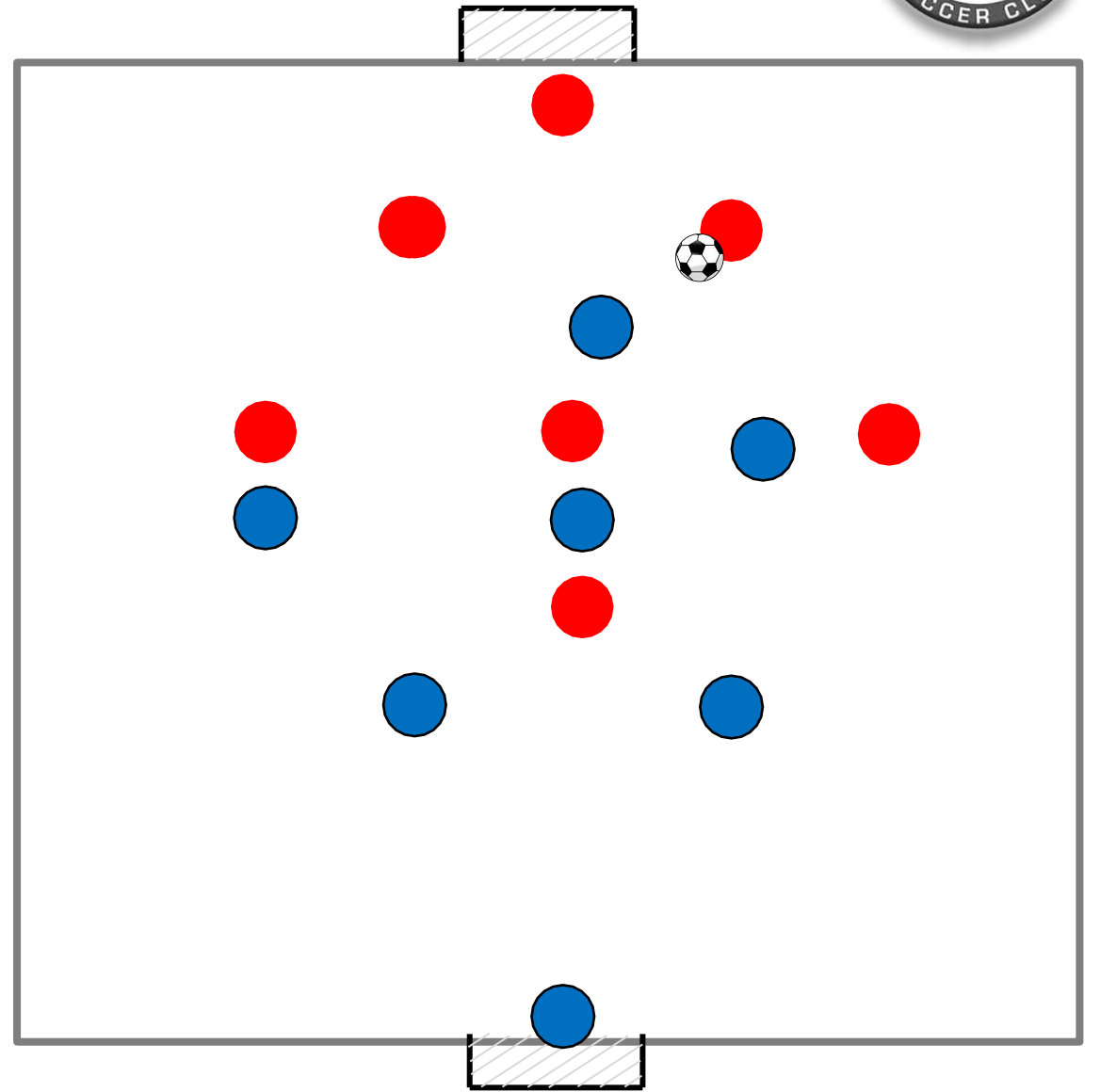
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

## Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal =2pts, 1 touch goal =2pts*

## Coaching Points/Observation Questions:

- Observe: how many times do players attempt & successfully complete 1v1s?
- Reinforce tactical and technical points?



# GAME MANAGEMENT

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# GAME MANAGEMENT GUIDE

Orono Westonka Soccer Club

Updated 2026



# GENERAL PRINCIPLES

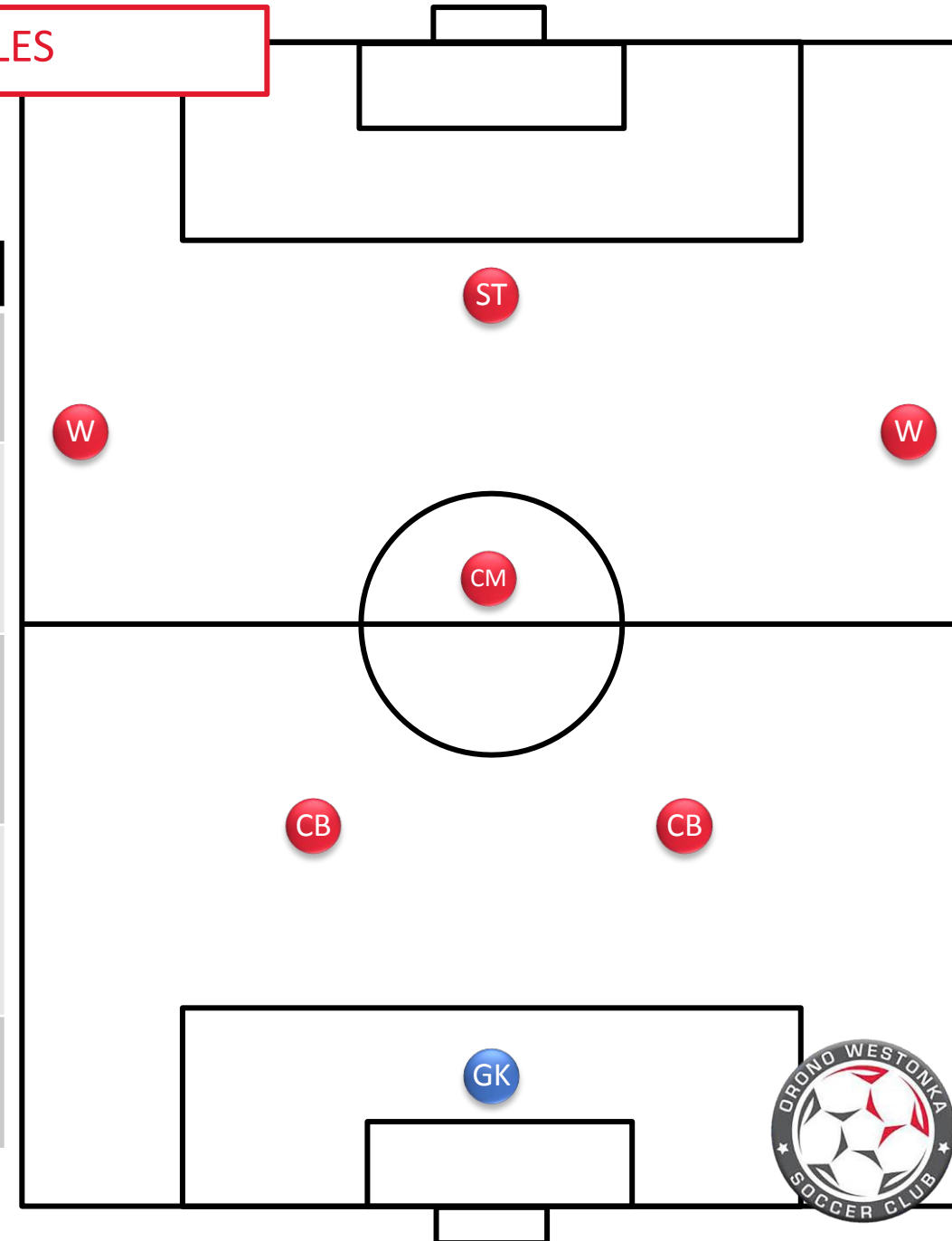
- **Purpose of Games** – games are a tool for development. We seek to win games, but only as a method for developing players, not as the main objective. Much of this packet is built on this premise.
- **Role of the Coach** – during games, coaches are to allow players to find solutions. Coaches should create the structures for players to experience the game, and guide players in their discovery, but coaches should avoid over-coaching or dictating player actions during the game. Coaches should use pregame, halftime, and postgame talks to give most information to the players.
- **Playing Time & Positions** – playing time should be fair – allowing all players to experience the game in a meaningful way:

Age	Playing Time	Positions
U9-U10	<b>Should be mostly equal</b> - Work out a rotation that every player plays a similar amount of minutes	Every player should play <b>every position</b> during the season, and rotate positions frequently in the game.
U11-12	<b>Should only be equitable</b> – the stronger players can play more, but each player should play <b>at least 60%</b> of the game. (8 minute rotations, or 4 segments per half)	Every player should have <b>2-3 positions</b> that they play most of the time, while giving frequent opportunities to play elsewhere.
U13+	<b>Should be fair</b> - Every player should <b>play at least half</b> of the game. (12 minute rotations, or 3 segments per half)	Every player should have <b>1-2 main positions</b> , while occasionally playing in other positions.

# 7V7 FORMATION & ROLES

## RECOMMENDED FORMATION: 2-3-1

Position	Attacking Roles	Defensive Roles
Striker	<ul style="list-style-type: none"> <li>- Create depth on the field by staying high</li> <li>- Make runs behind the defense</li> <li>- Check in to connect play &amp; help the team build</li> <li>- Move in the box to score from crosses</li> </ul>	<ul style="list-style-type: none"> <li>- Put pressure on the opposing defenders</li> <li>- Anticipate the counterattack: be available to show for the ball or run behind the defense</li> </ul>
Winger	<ul style="list-style-type: none"> <li>- Create width high on the field</li> <li>- Make runs behind the defense</li> <li>- Check in to connect play &amp; help the team build</li> <li>- Create chances by crossing into the box</li> <li>- Cut into the box to score</li> </ul>	<ul style="list-style-type: none"> <li>- Put pressure on the opposing defenders</li> <li>- Get compact (close to CM) to block fwd passes</li> <li>- Drop on weak side to track opposition W</li> <li>- Anticipate the counterattack: be available to show for the ball or run behind the defense</li> </ul>
Central Midfielder	<ul style="list-style-type: none"> <li>- Move to create space to receive the ball</li> <li>- Play forward passes to front 3 (into feet and into the space)</li> <li>- Help the team switch point of attack</li> <li>- Create chances by shooting from distance</li> <li>- Support the attack &amp; provide counter balance</li> </ul>	<ul style="list-style-type: none"> <li>- Organize midfielders/wingers into compact line</li> <li>- Block forward passes into opposition striker</li> <li>- Collect loose balls and second balls in midfield</li> <li>- Recover into defensive line if defenders are pulled out of position</li> </ul>
Defender	<ul style="list-style-type: none"> <li>- Create depth &amp; angles to receive the pass</li> <li>- Play forward passes (into feet and space)</li> <li>- Support the attack &amp; provide counter balance</li> </ul>	<ul style="list-style-type: none"> <li>- Organize into a compact shape protecting the center of the field</li> <li>- Manage the depth to prevent opponents from running behind</li> <li>- Track runners into the box</li> <li>- Block and clear crosses and shots</li> </ul>
Goalkeeper	<ul style="list-style-type: none"> <li>- Create depth &amp; angles to receive the pass</li> <li>- Play forward passes (into feet and space)</li> <li>- Support the attack &amp; provide counter balance</li> </ul>	<ul style="list-style-type: none"> <li>- Block opposition shots on target</li> <li>- Help organize the team into a compact shape</li> <li>- Sweep up through balls behind the defensive line</li> </ul>

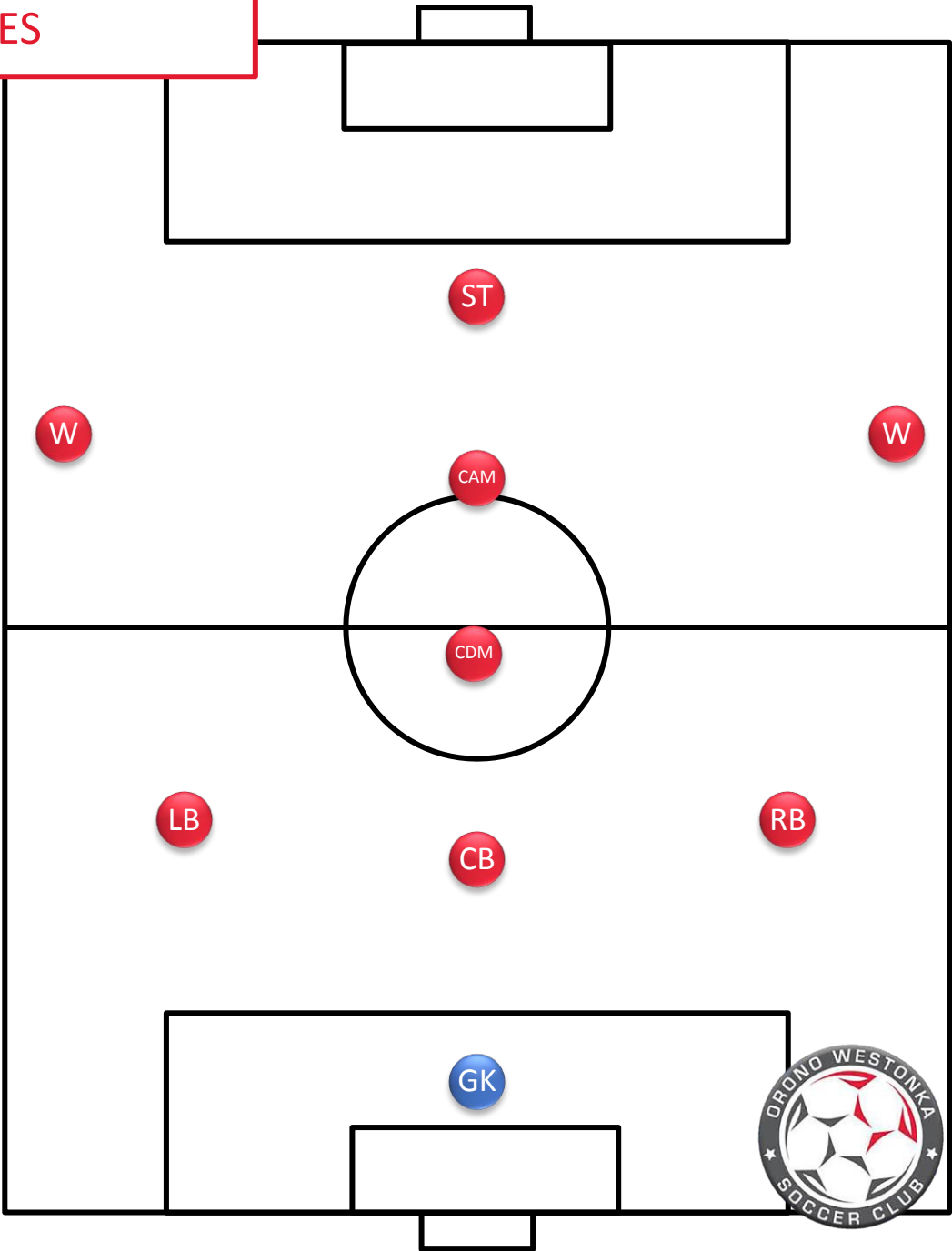


# RECOMMENDED FORMATION:

## 3-1-3-1

# 9V9 FORMATION & ROLES

Position	Attacking Roles	Defensive Roles
Striker	<ul style="list-style-type: none"> <li>- Create depth on the field by staying high</li> <li>- Make runs behind the defense</li> <li>- Check in to connect play &amp; help the team build</li> <li>- Move in the box to score from crosses</li> </ul>	<ul style="list-style-type: none"> <li>- Put pressure on the opposing defenders</li> <li>- Anticipate the counterattack: be available to show for the ball or run behind the defense</li> </ul>
Winger	<ul style="list-style-type: none"> <li>- Create width high on the field</li> <li>- Make runs behind the defense</li> <li>- Check in to connect play &amp; help the team build</li> <li>- Create chances by crossing into the box</li> <li>- Cut into the box to score</li> </ul>	<ul style="list-style-type: none"> <li>- Put pressure on the opposing defenders</li> <li>- Get compact (close to CM) to block fwd passes</li> <li>- Anticipate the counterattack: be available to show for the ball or run behind the defense</li> </ul>
Central Attacking Midfielder	<ul style="list-style-type: none"> <li>- Move to create space to receive the ball</li> <li>- Play forward passes to front 4 (into feet and into the space)</li> <li>- Make runs behind the defense</li> <li>- Create chances by shooting from distance</li> <li>- Support the attack &amp; provide counter balance</li> </ul>	<ul style="list-style-type: none"> <li>- Put pressure on the opposing defenders</li> <li>- Get compact (close to ST) to block fwd passes</li> <li>- Anticipate the counterattack: be available to show for the ball or run behind the defense</li> </ul>
Central Defensive Midfielder	<ul style="list-style-type: none"> <li>- Move to create space to receive the ball</li> <li>- Play forward passes to front 4 (into feet and into the space)</li> <li>- Help the team switch point of attack</li> <li>- Create chances by shooting from distance</li> <li>- Support the attack &amp; provide counter balance</li> </ul>	<ul style="list-style-type: none"> <li>- Organize midfielders/wingers into compact line</li> <li>- Block forward passes into opposition striker</li> <li>- Collect loose balls and second balls in midfield</li> <li>- Recover into defensive line if defenders are pulled out of position</li> </ul>
Fullback (RB or LB)	<ul style="list-style-type: none"> <li>- Move to create space to receive the ball</li> <li>- Play forward passes to front 4 (into feet and into the space)</li> <li>- Make forward runs to create 2v1 with winger</li> <li>- Create chances by shooting from distance</li> <li>- Support the attack &amp; provide counter balance</li> </ul>	<ul style="list-style-type: none"> <li>- Organize into a compact shape protecting the center of the field</li> <li>- Manage the depth to prevent opponents from running behind</li> <li>- Track runners into the box</li> <li>- Block and clear crosses and shots</li> </ul>
Center Back	<ul style="list-style-type: none"> <li>- Create depth &amp; angles to receive the pass</li> <li>- Play forward passes (into feet and space)</li> <li>- Support the attack &amp; provide counter balance</li> </ul>	<ul style="list-style-type: none"> <li>- Organize into a compact shape protecting the center of the field</li> <li>- Manage the depth to prevent opponents from running behind</li> <li>- Track runners into the box</li> <li>- Block and clear crosses and shots</li> </ul>
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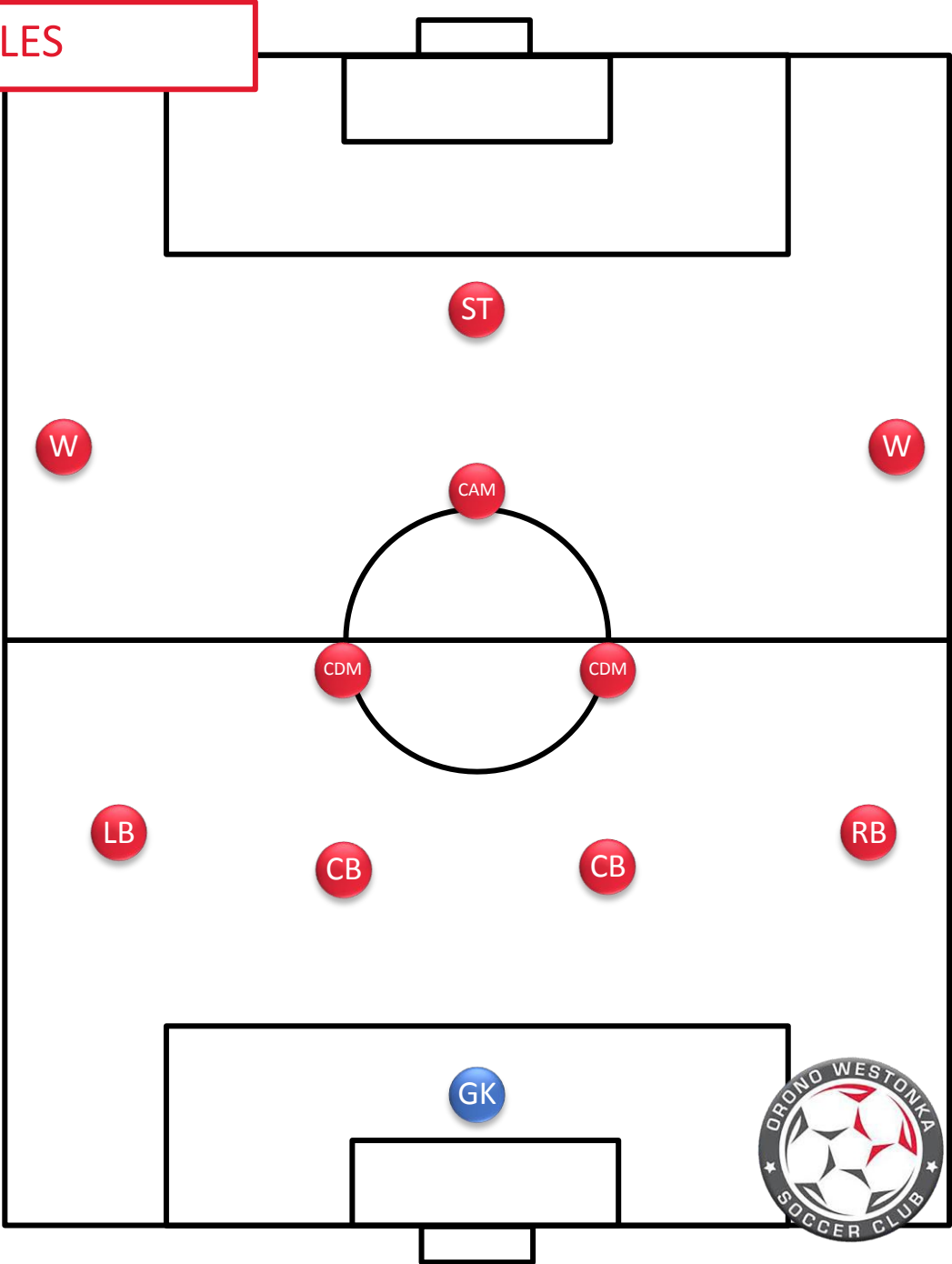
# RECOMMENDED FORMATION:

## 4-2-3-1

# 11V11 FORMATION & ROLES

Position	Attacking Roles	Defensive Roles
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Striker	<ul style="list-style-type: none"> <li>- Create depth on the field by staying high</li> <li>- Make runs behind the defense</li> <li>- Check in to connect play &amp; help the team build</li> <li>- Move in the box to score from crosses</li> </ul>	<ul style="list-style-type: none"> <li>- Put pressure on the opposing defenders</li> <li>- Anticipate the counterattack: be available to show for the ball or run behind the defense</li> </ul>
Winger	<ul style="list-style-type: none"> <li>- Create width high on the field</li> <li>- Make runs behind the defense</li> <li>- Check in to connect play &amp; help the team build</li> <li>- Create chances by crossing into the box</li> <li>- Cut into the box to score</li> </ul>	<ul style="list-style-type: none"> <li>- Put pressure on the opposing defenders</li> <li>- Get compact (close to CM) to block fwd passes</li> <li>- Anticipate the counterattack: be available to show for the ball or run behind the defense</li> </ul>
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Central Defensive Midfielder	<ul style="list-style-type: none"> <li>- Move to create space to receive the ball</li> <li>- Play forward passes to front 4 (into feet and into the space)</li> <li>- Help the team switch point of attack</li> <li>- Create chances by shooting from distance</li> <li>- Support the attack &amp; provide counter balance</li> </ul>	<ul style="list-style-type: none"> <li>- Organize midfielders/wingers into compact line</li> <li>- Block forward passes into opposition striker</li> <li>- Collect loose balls and second balls in midfield</li> <li>- Recover into defensive line if defenders are pulled out of position</li> </ul>
Fullback (RB or LB)	<ul style="list-style-type: none"> <li>- Move to create space to receive the ball</li> <li>- Play forward passes to front 4 (into feet and into the space)</li> <li>- Make forward runs to create 2v1 with winger</li> <li>- Create chances by shooting from distance</li> <li>- Support the attack &amp; provide counter balanc</li> </ul>	<ul style="list-style-type: none"> <li>- Organize into a compact shape protecting the center of the field</li> <li>- Manage the depth to prevent opponents from running behind</li> <li>- Track runners into the box</li> <li>- Block and clear crosses and shots</li> </ul>
Center Back	<ul style="list-style-type: none"> <li>- Create depth &amp; angles to receive the pass</li> <li>- Play forward passes (into feet and space)</li> <li>- Support the attack &amp; provide counter balance</li> </ul>	<ul style="list-style-type: none"> <li>- Organize into a compact shape protecting the center of the field</li> <li>- Manage the depth to prevent opponents from running behind</li> <li>- Track runners into the box</li> <li>- Block and clear crosses and shots</li> </ul>
Goalkeeper	<ul style="list-style-type: none"> <li>- Create depth &amp; angles to receive the pass</li> <li>- Play forward passes (into feet and space)</li> <li>- Support the attack &amp; provide counter balance</li> </ul>	<ul style="list-style-type: none"> <li>- Block opposition shots on target</li> <li>- Help organize the team into a compact shape</li> <li>- Sweep up through balls behind the defensive line</li> </ul>





## WARM UP

•**Purpose** – To prepare players physically, mentally, technically, and tactically for the game.

•**Arrival** – based on the age of the players, allow for 20 -30 minutes of warm up time. For ages 13+, have players arrive 45 minutes before kickoff to allow for a 30 minutes warm up. Younger players should arrive 30 minutes before kickoff to allow for a 20 -minute warmup.

• **Dynamic warm-up** – have players form two lines to move across a 15 -yard space to do the following dynamic exercises:

- Jog
- High knees
- Butt Kicks
- Full kicks
- Sideways lunge
- High skips
- Build up sprints

Younger players physiologically do not need to do dynamic warm -ups, but it is good rehearsal for older ages.

•**Team talk** – gather the players to go over the gameplan for the day. More information on the next page.

• **Rondos/GK warmup** – separate players into groups to do 4v2 or 5v2 rondos. Assistant coach takes goalkeeper to do specific goalkeeper warmup

•**Shooting/Long Passing** – separate attacking and defending players. Attacking players combine to shoot at the goal. Defending players play short -short-long to build up range of passing.



## PREGAME TALK

In the pregame talk, include the following points:

- **Context of the game** – give the players a context for the game – why it is a unique opportunity to play
- **Revisit coaching points** – reassert the coaching points you coached during the session. Do so by:
  - **Asking questions:** “we talked about 1v1 attacking this week... what are good situations to take players on 1v1?”
  - **Showing, not telling:** use cones, tactics boards, or live demonstrations to illustrate your points
  - **Keeping it simple:** don’t go on too long – keep your points short and clear
- **Give starting lineup** – give the players the starting lineup for the day – feel free to give brief individual instructions at this time.
- **Final encouragement** – give the team final motivation as they begin the warm -up that they can take into the game.



## COACH BEHAVIOR



Coaches should exhibit the following attributes & behavior on the sideline of the game:

- **Respect** – the coach should lead the team in creating a respectful environment of the game. The coach should not publically disagree with officials, speak negatively to or about opposition players, teams, or coaches, or create a hostile environment within the game.
- **Composure** – coaches should not put undue pressure on the players by shouting across the field or becoming overly emotive. Encourage the players, but do not make yourself the center of attention.
- **Player Freedom** – allow the players to play. Do not over-coach, telling them what decisions to make in the moment. Give instruction before the situation occurs, then allow the players to make their own decisions on the field. Allowing players to make mistakes is vital in the learning process.
- **Bench engagement** – keep players on the bench engaged in the game. Make sure bench players are sitting and watching the game, unless they are intentionally warming up to enter the game. Dialogue with bench players and continue the learning process, even when the players are off the field.





## HALFTIME TALK

In the halftime talk, include the following points:

- **Player feedback** – allow players to give their opinion and observations from the first half. Use leading questions to
- **Revisit coaching points & give additional solutions** – reassert the coaching points you gave during the pregame talk & address any consistent issues you are seeing in the first half. Do so by:
  - **Asking questions:** “we talked about 1v1 attacking this week... what are good situations to take players on 1v1?”
  - **Showing, not telling:** use cones, tactics boards, or live demonstrations to illustrate your points
  - **Keeping it simple:** don’t go on too long – keep your points short and clear
- **Give starting lineup** – give the players the starting lineup for the second half – feel free to give brief individual instructions at this time.
- **Final encouragement**– give the team final motivation as they begin the warm -up that they can take into the game.

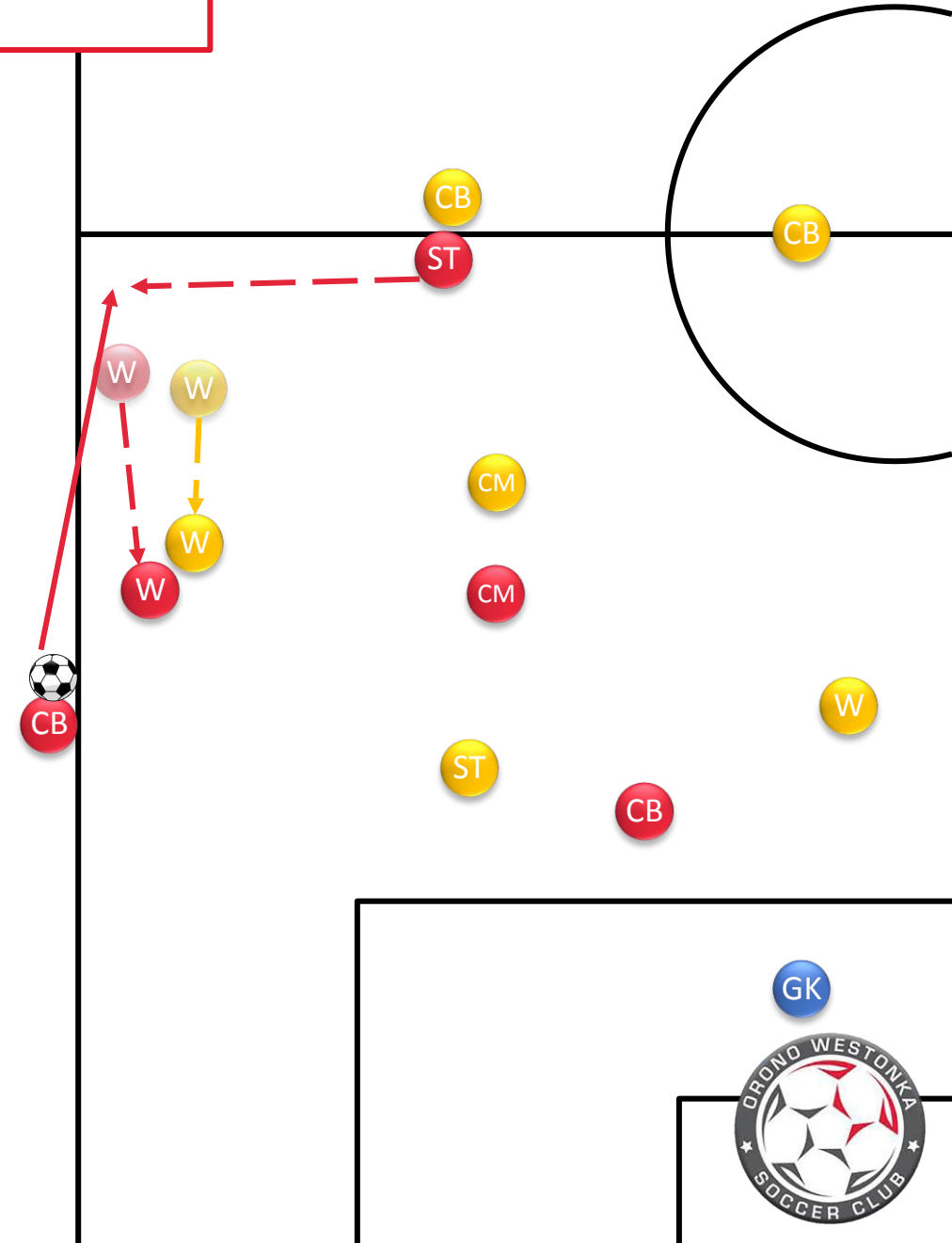




# THROW-INS

• **Objective** – keep the ball and forward and up the line. Avoid throwing backwards (unless it is completely clear), or square across the field – if you lose the ball, lose it close to the opposition goal.

- **2 Player movement to create space** – Have one player check towards the ball, as he or she is checking, another player moves into the space the player has left. Throw to the second player
- **Throw in technique** – when throwing the ball in, the player must use 2 hands, starting the motion behind the head and coming straight over the top. Both feet must be on the ground, out of play, when throwing in.
- **Get the throw in quickly** – encourage players to get the throw back into the field quickly, before the defense is set. There is no offside on a throw -in, so you can start a quick attack via a throw in.



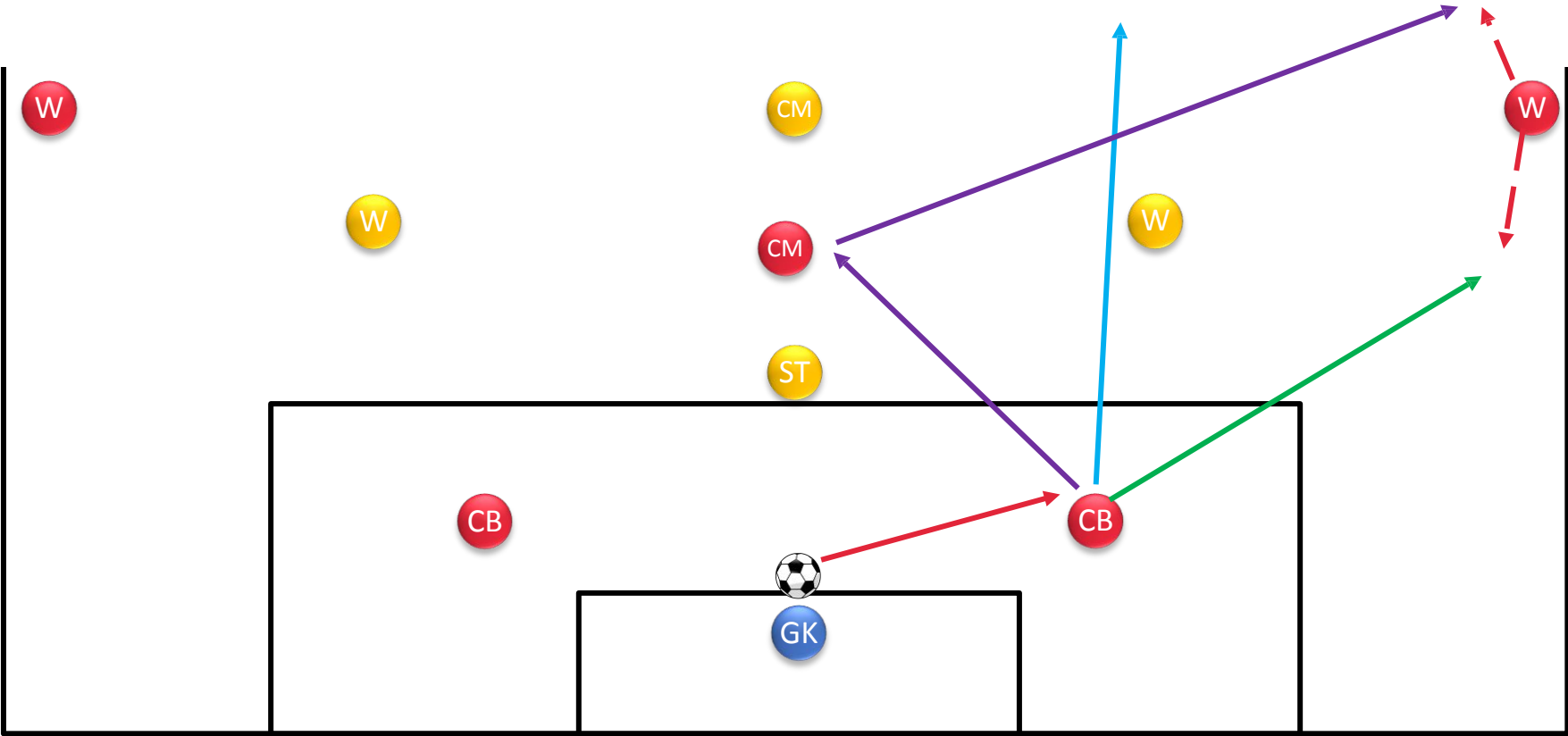
# GOAL KICKS

When playing out from a goalkick, always play short to a Center Back, then teach the players to use one of these options:

**Pass around** – have wide player to check & receive ball, who then can play forward

**Combine through** – use the checking midfielder to play 1-touch out of pressure

**Play over** – play a long ball over the opposition's pressure for attacking players







# Game Day Procedures



**Secure Goals, Corner Flags**



**Game Day Roster in hand, Coach/manager passes**



**Post-Game: OWSC Pin to Opposing player who displayed leadership, sportsmanship and passion.**



# THUNDERHAWKS PINS

We want to be seen as leaders when it comes to sportsmanship. Several seasons ago, we introduced the Thunderhawks pins to recognize players on the OPPOSING team who displayed **leadership**, **sportsmanship** and **passion** during your match.

## AFTER EACH LEAGUE GAME:

As a team, vote on which player on the other team should receive the pin and deliver it to them & explain why they were chosen.

\*Tip: It helps to give the other coach a heads up that you'll be doing this post-game so they stick around for a few minutes

QUESTIONS?

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**THANK YOU!**